

Triathlon Guidelines

Swimming:

- Any Swim Style is permitted
- Children ages 7-12 must pass a swim test to participate
- Swim tests can be given at any time during open pool hours by the lifeguard on duty. The Swim Test consists of:
 - Showing you can float on your stomach & back
 - Swimming comfortably one length of the pool
 - Treading water for one minute

Biking:

*Cycling will be done indoors on Cybex Upright bicycles, but if spin computers are delivered in time we will use the spin bikes to track distance in the spin room

-For Adults, the Random program And Level 5 are the settings

Running:

*Running will be done indoors on the Cybex treadmills

Teams

*Teams may be made up of 2 or 3 members in the same age group
-Each members will participate in one event for teams with 3 members and one or two events for teams with 2 members

Families

*Each family members (up to 3 per team) will participate in his/her preferred category
*Each family that participates receives a trophy

The Event

Categories and the event:

Beginner:

12 lengths swim
5 mile bike ride
1 mile run

Advanced:

24 lengths swim
10 mile bike ride
3 mile run

Youth Beginner Duathlon: (ages 7-9)

2 lengths swim
1/2 mile run

Youth Advanced Duathlon: (ages 7-9)

8 lengths swim
1 mile run

Youth Beginner: (ages 10-12) Must be fitted to bike in spin room before the event. *If not tall enough for the bike participate in a Duathlon*

4 lengths swim
1 mile bike
1 mile run

Youth Advanced: (ages 10-12) Must be fitted to bike in spin room before the event. *If not tall enough for the bike participate in a Duathlon*

12 lengths swim
5 mile bike
1 mile run



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Southeast Family YMCA
1000 Weatherly Road
Huntsville, AL. 35803

Phone: 256-883-9622

Fax: 256-881-8812

E-mail: sharon.allen@ymcahuntsville.org



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

**Southeast Family YMCA
MASH *SPLASH* DASH***

Southeast YMCA Indoor Mini Triathlon



Dates: February 26th

2022

7:00am Staggered Start Time

Tel: 256-883-9622

TRIATHLON INFORMATION

Dates: February 26th, 2022
7:00am Staggered Start Time

Your start time will be emailed to you prior to the start of the event;

Location

Southeast Family YMCA

Entry Fee

Individual: \$20.00

Team/Family*: \$15.00 per person

- Please include which event that your team members will be participating in! Ex. Father-Run, Daughter-bike, Mother-swim etc.
- If you are signing up as a team, please include the team name on the entry form!
- Please include which event each participant will be competing in ex. Father Run Beginner, Daughter Bike Youth Beginner (10-12 yrs), Mother Swim-Advanced

T-Shirts

- All Participants receive a t-shirt at the event.

TO REGISTER

Register at the Membership Desk or mail entry form to:

Southeast Family YMCA
Attn: Sharon Allen
1000 Weatherly Road
Huntsville, AL. 35803

Please make all checks payable to:
Southeast Family YMCA.

All entry forms must be postmarked 1 week prior to the event date.

AWARDS

Triathlon Awards/ Ages

Medals awarded to age group

Winners:

- * Beginner Male & Female
- * Advanced Males & Females
- * Teams

Youth 7-9

10-12

Adult 15 and under

16-19

20-29

30-39

40-49

50-59

60+

Trophies are given to each Team/Family that competes in our Team/Family category!

2022 ENTRY FORM

Cut along the dotted line and mail the form to the Southeast Family YMCA, 1000

Weatherly Road, Huntsville, AL. 35803

Check: Individual Team/Family

Check: Youth

Check: Beginner Advanced

Name _____

Address _____

City _____ St _____ Zip _____

Sex: Male Female

Age _____

DOB ____/____/____ Phone _____

Email _____

T-shirt size:

YS YM AS AM
 AL XL

If signing up for Family/ Team category please list events each will be participating in:

Team Name: _____

February 26th, 2022 \$ _____

Additional Donation for community outreach:

\$ _____

Total Amount: \$ _____

In consideration of my application being accepted, I accept any risks of participation in the triathlon and agree to hold harmless the Southeast Family YMCA, Downtown Metro Office, all sponsors, all officers, directors and members of said organizations, their respective employees, agents and any other individuals who are in any way associated with this event, including volunteers. I attest and verify that I am physically fit and have sufficiently trained for this event.

Signature _____